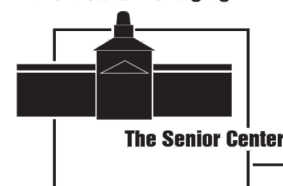


COMING OF Age

Your Center for Connection

City of Newton
Department of Senior Services

Newton Council on Aging



Published Bi-Monthly
Issue #2 Volume VIII

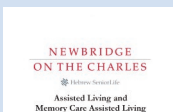
Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660 ■ www.newtonseniors.org

March - April 2016

Newton Senior Center introduces Memory Café

3 Wednesdays: March 16th, April 20th, May 18th, 2:00-4:00 p.m.

The number of people living with Alzheimer's disease and related dementias (ADRD) is growing exponentially and, as a community with a higher than average older population, Newton already counts 15% of its 65 and older population as having some degree of memory change. Memory Cafés are part of a larger movement to help communities like Newton become both age-friendly *and* dementia-inclusive. People in Newton with forgetfulness and other changes in their thinking, along with their care partners, are invited to meet for this special program at the Newton Senior Center. The Memory Café is a welcoming community setting to talk, enjoy light refreshments and socialize with other people in similar circumstances. Musicians, storytellers, poets and other artists are scheduled to provide engaging activities to encourage participation and help reduce the loneliness and isolation often felt by people living with memory changes and dementia, and by their caregivers, friends and families. According to Beth Saltzberg, the designer and developer of the Memory Café at JFCS and the Memory Café Percolator in Waltham, everyone in the community benefits when we are able to create a comfortable Memory Café space for coffee and conversation. **Register with the Front Desk at 617-796-1660. Free. March's café generously sponsored by Memory Care Assisted Living at Newbridge on the Charles. April's café generously sponsored by Right at Home Boston Metro West—Trusted Senior Home Care.**



Come Learn How to Play Fun Brain Wellness Games!

Senior volunteers who were specifically trained on the Vigorous Mind brain wellness software are ready to show you how to stimu-



late your brain, enjoy fun stories, trivia, music and much more. Come and make new friends and challenge your brain - all for free at the Newton Senior Center. Soon we hope to hold regular Brain Wellness group games! **Please contact the Front Desk at 617-796-1660 for up to six free, one-on-one appointments with a volunteer.**

Commonwealth Chorale Evening Concert

Wednesday, April 6th, 7:00-8:00 p.m.

The Commonwealth Chorale (founded in 1976 as the Newton Choral Society) is a highly regarded Newton-based chorus which attracts talented singers and large audiences from the Greater Boston area. The chorus gives three large outreach concerts each season. The hour-long outreach program consists of show tunes, popular standards, jazz tunes, madrigals, and gospel. **Register with the Front Desk at 617-796-1660. Free. Catered hors d'oeuvres and beverages generously provided by Brookhaven Hospice.**



St. Patrick's Day Celebration

Friday, March 18th, 1:00-2:00 p.m.

Billy Reidy, "The South Coast Rambler," whose ancestors came from the South Coast of Ireland, offers an entertaining one-man show that includes traditional and contemporary Irish folk tunes, rebel songs, ballads, pub songs, and Celtic songs. Refreshments provided. **Register with the Front Desk at 617-796-1660. Free. Generously sponsored by Presentation Rehabilitation and Skilled Nursing Center.**



5th Annual Spring Fling! Intergenerational Festival

Sunday, April 3rd, 12:00-3:00 p.m., *Newton North H.S.* This special event, co-sponsored with student volunteers of Newton ASC (*All Students Care*) will feature entertainment, lunch and fun. This event unites the students and seniors of Newton for an enjoyable afternoon. **Space is limited. Register at the Front Desk at 617-796-1660. Free.**

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Veteran's Center

Tuesdays: March 1st and April 5th, 5:30-8:00 p.m.

Due to the primary elections, the March meeting will be held at City Hall, 2nd Floor.

April location: Newton Senior Center, 345 Walnut Street, Newtonville, MA 02460

Veterans and their families are welcome to come and socialize with fellow veterans, enjoy some refreshments and get information about benefits, healthcare, employment and housing.



Newton Senior Center Swing Band: Join our Audience!



Tuesdays, 1:30-3:30 p.m.

The Swing Band's repertoire ranges from the roaring '20s to the swinging '60s -- golden oldies and sing-a-longs.

Repeatedly, they are well received, giving swing music engagements throughout the year at retirement communities, assisted living residences, social clubs, temples, churches, and schools. They'd love to see you at the Newton Senior Center on Tuesday afternoons!

Senior Center Notes

City Councilor Constituent Hours at the Newton Senior Center

City Councilor Emily Norton (Ward 2) Fridays: March 25th and April 29th, 9:00-10:00 a.m.

Dialogue with the Director

Fridays : March 11th and April 8th, noon-12:30 p.m.

Join Jayne Colino, Director of Senior Services, for an informal discussion with you.

Senior Center Meals Lunch Monday-Friday, 11:45 a.m.

To reserve call 617-796-1660 by 11:00 a.m. the previous day. A voluntary donation of \$2.00 is suggested per meal.

Springwell makes these lunches possible. At lunch on **Monday, March 7th**, learn about the NEW! Dietary Guidelines for Americans from Meghan Ostrander, RD.

Holiday Closures The Newton Senior Center will be closed on Monday, April 18th in honor of Patriot's Day.

Disclaimer We thank the advertisers featured in this newsletter for their support. They make the printing of the *Coming of Age* possible. The Center does not specifically endorse any service or product advertised herein.

Chamber Ensemble Spring Concert

Wednesday, April 20th, 9:30-10:30 a.m.

Enjoy Concerto Grossi 6 by Corelli, which features soloists from the group; an early Mozart Symphony #3; and, Bach Brandenburg No. 3 and Scarlatti Sonata.

Day Trips

Institute of Contemporary Art and Strega Waterfront

Tuesday, March 15th. Depart 9:00 a.m. Return 3:00 p.m. \$79 per person. Register by March 8th.

Trip Description: In the morning, we will be led on a private, docent-led tour of the Institute of Contemporary Art's special exhibition: "Diane Simpson," which the Boston Globe called "*superb*" and "*stunning*." Our guide will teach us about the social and cultural contexts of the works highlighted in the exhibit. After the tour, we will have free time to explore the rest of the museum on our own. Then we will make our way to Strega Waterfront, where we will be treated to a three-course Italian lunch (Caesar or mixed salad, chicken limoncello or pistachio and horseradish encrusted salmon, tiramisu or cannoli, and coffee/tea).

Included: Transportation to and from Boston via luxury coach bus, driver's tip, entrance to and guided tour of the Institute of Contemporary Art, and lunch and tip at Strega Waterfront.



Sandwich Glass Museum and Dan'l Webster Inn

Tuesday, April 12th. Depart 9:00 a.m. Return 4:00 p.m. \$61 per person. Register by April 5th.

Trip Description: In the morning, we explore the Sandwich Glass Museum via a self-guided tour, which will include a professional glassblowing demonstration. We may also peruse the museum store, which offers dazzling gifts in every price range. Then, we will head to the Dan'l Webster Inn, where we will be treated to a three-course lunch including soup of the day, a buffet of chicken coq au vin, pasta primavera, and broiled native scrod, apple cranberry crisp for dessert, and coffee/tea.

Included: Transportation to and from Sandwich via luxury coach bus, driver's tip, entrance to the Sandwich Glass Museum, and lunch and tip at the Dan'l Webster Inn.



How to Register for Trips: Mail in a completed trip registration form. Pick one up at the Senior Center, download one on newtonseniors.org, or contact Ilana (617-796-1670 or ilevine@newtonma.gov) for a form.

Mindful Meditation

9 Thursdays: March 3rd, 10th, 17th, 24th, 31st, April 7th, 14th, 21st, 28th
8:45-9:45 a.m.

Practice paying compassionate attention to all that moves through us: thoughts, emotions, sensations, and conditions. The group is a supportive space to begin or continue a meditative practice. Wear comfortable clothes, and come with a smile in your heart. Betsy Simmons is a health educator, movement & meditation teacher and spiritual caregiver at hospitals. **\$2 drop-in fee per class. No registration required.**

Downsizing Made Easy

Wednesday, March 9th, 1:30-3:00 p.m.
Gain valuable insights into today's real estate market, practical solutions for de-cluttering and preparing your home for sale, best practices for hiring estate liquidators, movers, organizers and more. Susanne McInerney has 38 years of experience helping people buy and sell their homes in Boston & Metro West. She is a Certified Senior Housing Professional and Seniors Real Estate Specialist. **Register with the Front Desk at 617-796-1660. Free.**

MetroWest Legal Clinic

Wednesday, March 9th, 9am-noon
An attorney from MetroWest Legal Clinic will offer free legal advice at the Senior Center. Legal assistance is available in the following areas: housing, social security income, government benefits, consumer issues, debt collection, and estate planning documents. This program is sponsored by a grant from Springwell. Appointments are required. **Call 617-796-1660 to schedule a 15-minute appointment.**

Email 101

Thursday, March 10th, 10:00-11:00 a.m.
Keep in touch with family and friends using email. This class will cover the basics of email including setting up a free account and sending and receiving messages and photos. This class is offered by an instructor from the Newton Free Library. **Register with the Front Desk at 617-796-1660. Free.**

Reflections on Poetry and Life: a poetry reading, appreciation, & writing workshop

6 Tuesdays, March 8th, 15th, 22nd, 29th, April 5th, 12th, 12:30-2:00 p.m.

Poetry is perceived by many as an esoteric and inaccessible art form. It doesn't have to be that way! In this six-session workshop we will read poetry together for learning & enjoyment, and as a gateway for reflecting upon our lives, current and past. We will read works of Robert Frost, Edna St. Vincent Millay, Mary Oliver, W.S. Merwin, John Keats, Jane Kenyon, ee cummings, Basho, and others. We will engage in simple writing exercises linking the poetry we have read to our own life experiences. No previous experience with poetry is required. Led by Volunteer Marcia Felth. **Free. Register with the Front Desk at 617-796-1660.**

Tiger Tea

2 Fridays: March 11th and April 8th, 9:00-9:45 a.m.

Help students with intellectual disabilities from Newton North High School practice socializing in the community. Staff members will be present at the Newton Senior Center and seniors and students will play games and do activities together. Help break down barriers to inclusion! **Register with the Front Desk at 617-796-1660. Free.**

Tea Tasting

Friday, March 11th, 1:00 p.m.
Learn all about the history of tea while trying several different types and seeing which one you like the best! **Presented by Benchmark Senior Living. Register with the Front Desk at 617-796-1660. Free.**

TRIPPS Talk

Wednesday, March 16th, 10:00-11:00 a.m.

The TRIPPS (Transportation Resources, Information, Planning and Partnership for Seniors) program offers a Transportation Resources and Information Guide to local travel options in Greater Bos-

ton as well as individual, personalized support to residents of Brookline and Newton aged 60 or older. Join us for an open discussion where you can meet TRIPPS Program Director Kerri Ann Tester, share your own stories about getting around without a car, and get answers to your questions about transportation options for seniors. **Register with the Front Desk at 617-796-1660. Free.**

Spring into Health with Plant-Based Cooking!

Wednesday, March 16th, 1:30-3:00 p.m.
Learn the fundamentals of quick, easy, delicious, and healthy meals in this plant-based cooking class. Annie Bernhard will demo three tasty, heart-healthy recipes that are naturally low in fat and cholesterol free. On the menu: Colorful Quinoa Salad, Easy Bean Dip, and Green Goddess Smoothies. Annie is a certified Food for Life instructor through the Physicians Committee for Responsible Medicine. She is certified in plant-based nutrition through Cornell and holds a B.A. in Psychology from Harvard. Bring your appetite! **\$8. Make check payable to Newton Senior Center and mail to: Newton Senior Center/Cooking Class, 345 Walnut Street, Newtonville, MA 02460. Include your telephone number on the check.**

Pre-K Volunteer Program

7 Thursdays: March 17th-April 28th, 10:00-11:30 a.m., *Rockwell Child Study Center*

Bridges: Our Stories™ is an intergenerational program for children in PreK. Pairs of volunteers will collaborate with children in small groups. Together, they will develop friendships as they play fun games, enjoy a classic book, share their own families' stories and create meaningful artwork. For more information about this award-winning program, visit www.BridgesTogether.org **Seven-week commitment, which includes a volunteer training, required. Please contact Ilana at 617-796-1670 if you are interested in this opportunity.**

Mah Jongg

Intermediate

6 Wednesdays: April 6th, 13th, May 4th, 11th, 25th, June 1st, 10:00 a.m.-noon
This course is designed for students that have completed “Beginners Mah Jongg”, and/or have played the game and are interested in refining their skills. You must have a complete knowledge of the names of every tile and be able to readily identify them. You should know: which Dragons go with which suit, when you can and cannot use a “joker” and the meaning of an “open” and “closed” hand; the definition of a “Pung”, “Kong” and a “Quint”; and, how to complete the Charleston.

Beginner

6 Tuesdays: April 5th, 12th, May 3rd, 10th, 24th, 31st, 1:30-3:30 p.m.
This course will introduce you to the basic rules of the game. A very short time and effort is required to master the elementary principles. By the second class, students will be playing a game. Martha Tomanelli has taught students at many senior centers, including ours! **\$48. Make check payable to Newton Senior Center and mail to: Newton Senior Center/Mah Jongg, 345 Walnut Street, Newtonville, MA 02460. Include your telephone number and level (Beginner or Intermediate) on the check.**

MBTA Senior Charlie Card

Wednesday, March 30th, arrive any time between 2:00 and 3:00 p.m.
Save yourself the trip to Downtown Crossing! Applicants must be 65 (or turning 65 within two months); bring a photo ID that includes a birthdate. Newton Senior Center staff will take your picture and send it with the application to the MBTA. The MBTA will mail you your Senior Charlie Card within 4-6 weeks. **No registration required.**

Housing Options for Low-Income Seniors

Friday, April 1st, 2:00-3:00 p.m.
Join the Newton Housing Authority for an overview of public housing pro-

grams in Newton. The presentation will include a breakdown of programs/units and the locations, qualifications for applying, and the application process itself. Amy Sutherland is the Executive Director of the Newton Housing Authority (NHA). Amy has worked at the NHA for more than ten years, the last two years as the Executive Director. Becca Meekins is an Application Review Specialist with the Newton Housing Authority. **Register with the Front Desk at 617-796-1660. Free.**

Easy Walks in MA

Wednesday, March 30th, 10:00-11:00 a.m.

Join us for some ‘armchair travel’ with Author and Personal Historian Marjorie Turner Hollman. Photos are of local trails in the Upper Charles, Neponset River area and Sudbury River areas, included in her two local guides to area trails. After enjoying some armchair travel, plan to get out with friends or family for a walk. Marjorie Turner Hollman is the author of *Easy Walks in Massachusetts*, and *More Easy Walks in Massachusetts*. She has been a freelance writer for the Bellingham Bulletin and numerous other local, regional and national publications for the past 18 years, and is the New England Chair of the Association of Personal Historians. **Register with the Front Desk at 617-796-1660. Free.**

AARP Safe Driver Class

Thursday, April 14th, 10:30 a.m.-3:30 p.m.

The aim of this class is for older drivers to better understand the updated technologies in new vehicles, provide a refresher on the rules of the road, and learn strategies to compensate for age-related challenges in vision, hearing, or response time. There is no test to take and no actual driving, and a certificate of completion will be awarded to each participant. Please bring your lunch. Students must attend the entire class. \$15 for AARP members (include your member ID on check) and \$20 for non-AARP members. **Make check payable to AARP. Include your telephone**

number on the check and mail to Newton Senior Center/Smart Driver, 345 Walnut Street, Newtonville, MA 02460.

Learn How to Play Rumikub

Wednesday, April 20th, 2:00-4:00 p.m.
Learn the game of Rumikub, a challenging game of numbered tiles requiring some strategic moves. Rae Mitz has taught the game to many people who have so much fun that they teach future players! Rae has been an activities assistant with seniors for ten years. **Register with the Front Desk at 617-796-1660. Free.**

iPad 101

Wednesday, April 20th, 10:00-11:00 a.m.

This class is for beginners, held at the Senior Center. We cover very basic functions of the iPad, starting with identifying all the buttons and learning terminology. The objective is to make new iPad users more comfortable their device. This class is offered by an instructor from the Newton Free Library. **Register with the Front Desk at 617-796-1660. Free.**

Powerful Tools for Caregivers

6 Mondays: May 2nd, 9th, 16th, 23rd, June 6th, 13th, 2:30-4:00 p.m.
Is living with the stress of caregiving preventing you from really living? In these six weekly classes, adults facing the unique challenges of being a caregiver will develop a wealth of self-care tools to reduce personal stress, change negative self-talk, communicate their needs to family members and healthcare or service providers, communicate more effectively in challenging situations, recognize the messages in their emotions, deal with difficult feelings, and make tough caregiving decisions. Learn to thrive and not just survive while caring for a family member or friend! This workshop is brought to you by Springwell. **Class size limited to 14. Register with the Front Desk at 617-796-1660. Free.**

Support Groups

Parkinson's Support Group

Mondays: March 28th and April 25th, 10:30-11:30 a.m.

People with Parkinson's Disease, caregivers and family members are all invited to attend. This is a forum to share experiences and learn from one another. Facilitated by James Demicco, retired primary care M.D. with a 10 year history of Parkinson's.

Clutter Support Group

Fridays: March 11th and April 8th, 2:30-3:30 p.m.

Come get support from others while learning strategies for de-cluttering. This program is offered by Newton Human Services and Riverside Community Care. For more information contact Patty Underwood at 617-969-4925.

Caregiver Support Group

Tuesdays: March 15th and April 19th, 1:30-3:00 p.m.

Open to all family caregivers of seniors. Learn from and share with other participants who are caring for an elderly family member. **Register**

with Case Manager Emily Kuhl at 617-796- 1672. Free.

Low Vision Support Group

Tuesdays: March 7th and April 4th, 1:00-2:30 p.m.

All are welcome to attend this monthly group, sponsored by the Massachusetts Association for the Blind and Visually Impaired. For questions or more information, please contact Laurie Werle at 617-926-4268.

Movie Matinee 1:00 P.M. ON WEDNESDAYS

March 2nd

Woman in Gold. 2015. PG-13. 109 mins. Six decades after World War II, Jewish octogenarian Maria Altmann begins a quest to reclaim the artwork confiscated from her family by the Nazis—including a famed Gustav Klimt masterpiece.



March 23rd

Last Vegas. 2013. PG-13. 105 mins. Four sixtiesomething pals gather in Las Vegas to celebrate Billy's upcoming nuptials with the intention of running wild for four straight days. But Sin City has gotten a lot crazier than they could've ever imagined.



April 6th

The Age of Adaline. 2015. PG-13. 112 mins. After 29-year-old Adaline recovers from a nearly lethal accident, she inexplicably stops growing older. As the years stretch on and on, Adaline keeps her secret to herself—till she meets a man who changes her life.



April 27th

5 Flights Up. PG-13. 2015. Married for four decades, New Yorkers Ruth and Alex have had a wonderful life together—most of it spent in their cherished Brooklyn walk-up. But now that it's time to sell, the universe seems determined to thwart them.



MORE PROGRAMS

Hearing Screening

Tuesdays: March 1st and April 5th, 11:00 a.m. to noon

Attend a 15-minute hearing awareness presentation followed by a 5-minute screening with a licensed Audiologist from the West Newton Hearing Center. If you already have hearing aids, they can clean and check them and replace the batteries. Attendance at 11:00-11:15 presentation required for a hearing screening. **Call the Front Desk at 617-796-1660 to make a 5-minute appointment. Free.**

Short Story

Thursdays: March 31st and April 28th, 10:30-11:30 a.m.

This monthly group discusses one selected story. Copies of the next short story can be picked up at our reception desk. Facilitated by Ditta Lowy. Free.

Book Club

Fridays, March 18th and April 15th, 10:00-11:30 a.m.

In March we will discuss *Lila* by Marilynne Robinson. In April, we will discuss *The Race Underground* by Douglas Most. All are welcome! Free.

Birthday Partys!

Tuesdays: March 15th and April 19th, noon

Come celebrate March and April birthdays! Enjoy cake and good cheer! All are welcome. **Generously sponsored by Newton Health Care Center. Free.**

Senior Prom

Senior Prom— Save the Date!

Thursday, May 19th, 6:00-10:00 p.m.,

American Legion Post 440

Tickets will be available at the Newton Senior Center in April. This year's theme will be "Masquerade Ball."



Senior Center Scenes

Below right: Self-Defense for Seniors, taught by the Newton Police Department



Top: Holiday party



Fitness Classes

Ageless Grace (drop-in)

Mondays, 11:00 a.m., \$2

Instructor: Mary Stevenson

Ageless Grace is a fitness and wellness program performed primarily while sitting in a chair. This program is particularly good for those with limited mobility or strength.

Beyond Balance

Mondays, 12:45 p.m.

Wednesdays, 10:45 a.m.

Instructor: Robin Resnick

Beyond Balance is a strength training class that targets all the major muscles in the body. In addition, there is a focus on exercises that enhance balance and core (abdominal) work.

Beyond Balance Fees:

- 1) Pay \$50 for a Monday or a Wednesday session (8 classes): our most popular option! Monday session runs March 21st-May 16th (skipping April 18th). Wednesday session runs

March 9th-May 4th.

- 2) Pay \$60 for a "punch card" with flexibility to take 8 classes within any 3-month period

- 3) Try it out! Drop-in once for \$10/session. Join that day, and your upcoming session fee is pro-rated to \$40

NEW SCHEDULE!

Muscle Conditioning (drop-in)

Tuesdays, 11:00 a.m., \$2

Fridays, 9:00 a.m., \$2

Instructor: YMCA instructor

An hour-long strength and cardio workout, including warm-up and cool-down.

Nia (drop-in)

Mondays, 4:00 p.m., \$2

Instructor: Mary Stevenson

Nia a full body workout that promotes flexibility, stability, and strength. Combining movements and concepts from yoga, tai chi, aikido, jazz and other movement forms, Nia offers

traditional fitness benefits and relaxation.

NEW SCHEDULE!

Dance Aerobics (drop-in)

Tuesdays, 9:00 a.m., \$2

Fridays, 10:30 a.m., \$2

Instructor: YMCA instructor

An hour-long strength and dance workout.

Tai Chi (drop-in)

Beginner: Thursdays, 10:00 a.m., \$3

Mondays, 8:45 a.m., \$3

Thursdays, 11:45 a.m., \$3

Instructor: Aaron Crawford

Tai chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is low impact and puts minimal stress on muscles and joints.

Tong Ren (drop-in)

Thursdays, 11:00 a.m., \$3

Instructor: Aaron Crawford

Tong Ren is a powerful healing energy treatment used to help

people restore their health. It is based on the principle that many diseases are caused by physical blockages that interrupt the body's natural flow of "chi."

Yoga (drop-in)

Chair: Mondays, 2:00 p.m., \$2

Chair: Thursdays, 1:00 p.m., \$2

Mat: Thursdays, 2:00 p.m., \$2

Instructor: Steffi Shapiro

These yoga classes place an emphasis on gradual stretching at your own pace, without stress or strain and integrating what is learned into a daily holistic lifestyle.

Zumba Gold (drop-in)

Mondays, 10:00 a.m., \$2

Wednesdays, 12:00 p.m., \$2

Instructor: Mary Stevenson

A dance inspired workout for the young at heart! An hour-long cardio program set to upbeat Latin tunes.

Art Classes

Ceramics Workshop

Session I: 8 Thursdays, 12:30-2:00 p.m.: March 17th, 24th, 31st, April 7th, 14th, 21st, 28th, May 5th Waiting list only.

Session II: 8 Tuesdays, 11:00 a.m.-12:30 p.m.: March 15th, 22nd, 29th, April 5th, 12th, 19th, 26th, May 3rd

Create 3D platters and sculptures or glaze molded pieces. Table top wheel and slab roller now available. Instructed by Bet Lee. Space is limited to 10 participants. **\$50. Make check payable to Newton Senior Center and mail to: Newton Senior Center/Ceramics, 345 Walnut St, Newtonville, MA 02460. Include your telephone number on the check.**

Introduction to Weaving Workshop

5 Fridays: March 18th, 25th, April 1st, 8th, 15th, 10:00-11:00 a.m.

Participants will set up a simple cardboard loom, explore using various textured yarns and materials, as well as stitches and knots to create a tapestry weaving. Basic materials will

be provided, but participants will be encouraged to bring in other specialty yarns and materials to enhance their project. Instructed by Linda Landsberg. Space is limited to 10 participants. **\$35. Make check payable to Newton Senior Center and mail to: Newton Senior Center/Weaving, 345 Walnut St, Newtonville, MA 02460. Include your telephone number on the check.** This program is supported in part by a grant from the Newton Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



Beginning Drawing Workshop

3 Thursdays: March 31st, April 7th, 14th, 9:00 a.m.-noon

Learn and practice basic drawing skills in this workshop.

Beginners welcome. Instructed by David Wenstrom. Space is limited to 6 participants. **\$50. Make check payable to**

Newton Senior Center and mail to: Newton Senior Center/Drawing, 345 Walnut St, Newtonville, MA 02460. Include your telephone number on the check.

NEW! Veteran's Services

Join Newton Veteran's Services Officer Seth Bai for monthly office hours and breakfasts.

Office Hours

Tuesdays: March 1st, 2:30-4:00 p.m.; April 5th, 2:30-5:00 p.m.

Ask questions about real estate tax abatement or the tax work-off program. **For appointments call 617-796-1660.**

Breakfast

Wednesdays: March 23rd and April 27th, 9:00-10:00 a.m.

Socialize and ask questions. New veterans and widows of veterans with questions about spousal benefits are welcome!

LGBT Elder Café

LGBT Elder Cafe

Tuesdays: March 22nd and April 26th: **6:00 p.m.**

Please note the new start time!

We'll enjoy dinner and conversation at these monthly gatherings. \$6 donation requested.

April 26th: Join us for a beginners' Swing Dance lesson featuring premier LGBT instructor Liz Nania of OUT to Dance.

You'll love learning swing (also known as lindy or lindy hop), the dance that's rocking dance floors everywhere. Learn the secrets to smooth leading and following, and discover the simplest and most fun spins. Swing is the happiest dance around; just try and worry while swinging! Whether single or coupled—no partners needed, no experience required, and two left feet always welcome!

RSVP to Ilana 617-796-1670 or ilevine@newtonma.gov

Would you like to be added to the email list so that you are notified of monthly gatherings? Contact Ilana at ilevine@newtonma.gov



Men's Club

Newton Men's Club

Second Thursday of the month at 9:30am, March 10th and April 14th, Johnny's Luncheonette, 30 Langley Road, Newton Centre

Fourth Thursday of the month at 10:00am, March 24th and April 28th, Newton Senior Center

Enjoy good conversation--all retired and semi-retired men are welcome! This club gives you the opportunity to meet with men with similar interests and backgrounds and others with varied interests and vastly differing backgrounds, but all will have an interesting story to tell.

Yellow Voucher Transportation Program

The City of Newton is almost totally accessible to you by our transportation program! Transportation is offered Monday through Friday between the hours of 8:00 a.m. and 5:00 p.m. Transportation is also offered for all co-sponsored programs. You must be 60+ and a Newton resident. For more information, and specific destinations, visit newtonseniors.org or contact Alice Bailey, 617-796-1664.

Co-Sponsored Programs

Transportation through the Yellow Voucher Transportation Program is provided for all of these co-sponsored programs.

Murder by the Book Club

Thursdays, March 10th and April 14th: 10:00-11:00 a.m.,

Newton Free Library, third floor Rear Arc

The Mystery Book Club, cosponsored with the Newton Free Library, meets each month to discuss books with a mystery theme. Led by Library staffer Kathleen Hennrikus. March's book is *Dead until Dark* by Charlaine Harris. April's book is *Brat Farrar/An Expert in Murder* by Nicola Upson and J. Tey. **No pre-registration required. Questions contact Kathleen at 617-796-1360.**

Senior Special: Oliver!

Sunday, March 20th, 1:30 p.m., **Newton North High School Theatre, 457 Walnut Street**

Join us for a very special musical performance of Oliver! The Senior Special begins with a talk with director Adam Brown at 1:30pm. The show begins at 2:00 p.m. Tickets are 'will-call' and payment must be received by Friday, 3/18. **\$10.**

Make check payable to City of Newton and mail to: Newton Senior Center/Oliver, 345 Walnut Street, Newtonville, MA 02460. Include your telephone number on the check.

Rare Coin Display and Talk

Tuesday, March 15th, 1:00 p.m. **Reisman Hall at Temple Emanuel, 385 Ward Street, Newton**

Join the L'CHAIM Group's afternoon with Brian Alty of Northeast Numismatics to discuss a wide variety of rare U.S. and world coins. Brian will be discussing topics such as coin

values, coin mintages, US Morgan dollars, buffalo nickels, mercury dimes, rare US notes, mint errors and more. This will be a fascinating show of rare coins and refreshments will be served. **For further questions please call Tracy of L'CHAIM at 617-959-4928.**

Senior Special! Recreation and Romance: Norumbega Park and the Totem Pole

Tuesday, March 22nd, 10:00-11:00 a.m., **Historic Newton Durant-Henrick House and Grounds**

Enjoy a private viewing of the documentary *Return to Norumbega Park*. For 66 years Norumbega Park and the Totem Pole, located along the Charles River in Auburndale, were the place for canoeing, amusements, and dancing to the big bands! We will have a discussion after the movie. **Register by calling the Newton Senior Center Front Desk at 617-796-1660. Free.**

Tiger's Loft Lunch

Tuesday, April 5th, 12:15-1:30 p.m., **Newton North High School's Tiger's Loft restaurant**

Enjoy an amazing meal at Newton North High School's restaurant The Tiger's Loft, prepared by students in the culinary arts program. Note your entrée choice of seafood Newburg or baked stuffed chicken. A shuttle will be provided between the Lowell Ave parking lot and the entrance to Tiger's Loft from 11:45 to 2:00. Space is limited to 15 people. **\$5. Make check payable to Newton Senior Center and mail to: Newton Senior Center/Tiger's Loft, 345 Walnut St, Newtonville, MA 02460. Include your telephone number on the check and your entrée choice.**

With Gratitude

• *In thanks to the Newton Senior Center:* Mary Mozzola, James & Marie Piraino, Marian Knapp, Edith Haas, Maryanne Greene • *In honor of Ilana Levine's recent marriage:* Ena Lorant • *In appreciation of Thanksgiving Dinner:* Vera & John Wood • *In honor of Helen Riemer's 100th birthday:* Bea Carp • *In honor of Mary Mazzola's 93rd birthday:* Loretta D'Amore, Patrick & Emily Mazzola • *In thanks for great programs:* Gertrude Kohen • *In Memory of Katherine Kenjeska:* Zita & Will Slade and Steven McGee

Upper Falls and South Side Senior Groups

Anita Sheehan hosts two groups for older adults at Parks and Recreation buildings, one in Newton Upper Falls at the Emerson Center, 54 Pettee St. and the other on the South Side at the Shuman Center, 675 Saw Mill Brook Parkway.

Meet new people in these neighborhoods. All seniors are welcome!

Upper Falls: Wednesdays, 10:00-11:30 a.m.

Bingo: March 2nd, March 16th, March 30th, April 6th

Left, Right, Center: March 23rd, April 27th

Entertainment: March 9th: Mark Tavenner April 13th: Ray Cavicchio

South Side: Thursdays, 9:30-11:00 a.m.

Bingo: March 3rd, March 10th, March 17th, March 31st, April 7th, April 14th *Left, Right, Center:* March 24th, April 28th



Newton-Brookline Consumer Office

LATEST NEWS ABOUT YOUR LANDLINE TELEPHONE SERVICE

You may have already received notification from Verizon about a change to your landline service. Verizon is upgrading their original copper network by converting to a fiber-based network. Prior to the installation, consumers should request continuation of their regulated landline telephone service. Otherwise, unregulated digital voice service will be installed. Verizon continues to have the obligation to provide Massachusetts regulated landline telephone service customers with the following consumer protections: 1) In households where all residents are 65 years or older, consumers should notify Verizon to request "over 65" protection from service suspension. 2) Such households are entitled to unlimited free local directory assistance calls (411). Other households are only allowed 10 such free calls per month. 3) All consumers are entitled to protection from service suspension of up to 90 days due to serious illness by providing a doctor's note. 4) All consumers are entitled to a payment plan of up to 8 months. Be aware that all fiber-based network phones activate a battery to continue service during a power outage. These batteries are installed by Verizon when the network is changed. House alarms, medical equipment or medical alert devices connected to your telephone line may not be compatible with the fiber-based network. Consumers should check with these service suppliers. When you are notified by Verizon that your service is to be upgraded to fiber, before responding, we suggest you CONTACT THE DTC'S CONSUMER DIVISION 800-392-6066 to be informed about how to keep your consumer protections. *Mim Cole and Judy Zohn, Co-Directors, Newton-Brookline Consumer Office, working in cooperation with the Office of the Massachusetts Attorney General*

City of Newton Parks and Recreation 55 and over programs

New! Spring Walking: Step into spring walking with friends, while enjoying one of Newton's most beautiful parks. The Cove walking group meets on Thursday mornings at 10:00 a.m. Group leaders will guide participants through the picturesque trails along the Charles River. There are plenty of places to sit and rest. Registration is required.

New! Mixed Media: Crafts, painting, coloring, knitting and more! Join us on Wednesday afternoons for shared fun and camaraderie while working on individual projects. 1-3 p.m., Albemarle Fieldhouse. Registration is required.

Tennis: Tennis is a sport that can be played at any age. Although some seniors may be less mobile than other players, they can still accrue numerous health benefits from playing, including improved cardiovascular health and bone density. Our tennis program runs on Tues & Thurs, 8-10:00 a.m. at the Warren Courts. Play begins April 5th. Registration is required.

Basketball: Basketball provides a fun and competitive alternative to more traditional methods of fitness and weight loss. Join us for some fairly serious games designed for older athletes on Monday, Wednesday and Saturday mornings beginning at 8:30 a.m. Play three times a week or drop in when you can. Location: 11 Hawthorne Street, Newton. Registration is required. **Also offered:** Line Dance Lessons, and Cards & Crafts!



Call Nancy Scammon at 617-796-1506 to register for these programs

How Does Medicare Cover Vaccines?

Medicare covers vaccines differently depending on which vaccine you need. Some vaccines are covered by Part B, which is your medical coverage. These include vaccines for the flu, pneumonia, and in some cases Hepatitis B. Whether you have Original Medicare or a Medicare Advantage plan, these vaccines will be covered as preventive services at no cost. Additionally, if you have been exposed to a dangerous disease, your vaccine will be covered, but you may have a copay. For example, if you step on a rusty nail, a tetanus shot will be covered.

All other vaccines are covered by your Medicare Part D drug coverage. Both Medicare Advantage prescription drug plans and stand-alone Part D plans must include all commercially available vaccines on their drug formularies, including the vaccine for shingles (herpes zoster). However, you may pay different amounts depending on where you get vaccinated. Check directly with your plan for coverage rules and costs. Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

To schedule a SHINE appointment, call the Newton Senior Center at 617-796-1660. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

The Social Services Case Managers: Assist with information, referral and outreach services to Newton residents • Work with public, private and other city agencies to provide education and support to Newton residents • Provide bilingual assistance in Portuguese and Spanish
Assistance: In times of crisis the Social Services Case Managers may be able to refer and assist Newton residents with:

Emergency Oil • Financial Assistance • Emergency Food/Food pantry referrals • Legal referrals • Home Care referrals • Long term care planning • Mental health referrals • Shelters

- *Services & Programs* The social services case managers provide assistance for income-eligible Newton residents with the application and eligibility process for the ABCD Fuel Assistance Program
- *Referral to specific city funds* available in times of financial hardship
- *Accessing and obtaining food from pantries* A referral from a community service provider is required to access these pantries.
- *Food Stamps:* Application and eligibility process for the Food Stamps Program (SNAP: Supplemental Nutrition Assistance Program).
- *Subsidized and Affordable Housing:* Referral and information for income eligible residents.

The Social Services Department operates on an **appointment-only basis**. To schedule an appointment with one of the case managers, please call: Emily Kuhl at 617-796-1672 or Sandy Lopes at 617-796-1663 Monday – Friday 8:30 a.m.–4:00 p.m. Intern Hannah Illman at 617-796-1674 Monday, Tuesday, Thursday, 8:30 a.m.–4:00 p.m.

Health Maintenance Clinics

Blood pressure checks, medication questions and more! Offered by the Department of Health & Human Services.

4 Fridays: March 11th, March 25th, April 8th, April 22nd, 9:30-11:30 a.m.

Location: Newton Senior Center Richmond Room
Health & Human Services continues to offer by appointment the following vaccines to Newton residents: shingles, pneumonia, TDAP and influenza. Check with your doctor to see if you need any of these, and then call 617-796-1420 for an appointment.

City-wide Events

Festival of the Arts A fabulous month-long, City-wide celebration & showcase of Newton's talented citizens and organizations. Saturday, April 9th, 8:00 p.m.: Music for the Soul, Highland Jazz, *Newton South High School*

Sunday, April 24th: Highland Glee Club, *Newton City Hall*
For more information, visit www.newtoncommunitypride.org

Introductory Workshop For ESL Tutors Thursday, April 7th, 7:00 pm, *Trustees' Room, Newton Free Library*
With your help, the library provides free tutoring services for adults of limited English proficiency. Volunteer tutors are needed for this rewarding work. Just an hour a week of your time can make a real difference. No experience or foreign language skill is necessary. Come to this informative meeting to find out how you can get involved.

Mayor's Newsletter Find out what is happening in your neighborhood and at City Hall. Receive e-mail updates and alerts on construction, road closures, city initiatives and com-

munity events and share your ideas on how to make a better Newton. Visit www.newtonma.gov/gov/enotify.asp

TRIPPS Volunteers Needed Come join our team! We're currently looking for volunteers in the following areas.

* Transit Advisors: Do you take pride in getting around without driving? Do you enjoy helping others? TRIPPS offers comprehensive training and support as you help former drivers learn to use new modes of transit.

* Transportation Information Specialists: Help research and compile detailed information on transportation options for non-drivers. This info is collected in a resource guide, which will be available both online and in print.

* Outreach, Education, and Training Volunteers: Help educate others about TRIPPS and specific transportation options. Volunteers might write articles, facilitate discussions, make presentations, reach out to community partner organizations, or organize programs, trainings, discussions, and events.

All ages & abilities encouraged to apply! Call 617-730-2644 or email tripsps@brooklinema.gov.

The Senior Citizens Fund of Newton
PO Box # 600488
Newtonville, MA 02460

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Newton Department of Senior Services

Phone 617-796-1660 Fax 617-969-9560

www.newtonseniors.org

Monday - Friday, 8:30 a.m. - 4:00 p.m.

**Staff: 617-796-XXXX**

Email: first initial last name@newtonma.gov

Jayne Colino, Director, 1671
Alice Bailey, Executive Administrator, 1664
Lucy Bedigian, Lunch Site Manager, 1668
Ken Doucette, Custodian, P.M.
John Flynn, Custodian, A.M.
Linda Johnson, Administrative Assistant, 1665
Emily Kuhl, Case Manager, 1672
Sandy Lopes, Case Manager, 1663
Ilana Seidmann, Program Coordinator, 1670

Council on Aging Members

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Audrey Cooper
Holly Gunner
Rev. Howard Haywood

Marian Knapp, Chair
Susan Paley
Carol Rose, Secretary
Carol Ann Shea
Diane Sostek, Vice Chair

Advisory Board

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Chryse Gibson
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Donna Murphy
Ernest Picard
Joyce Picard

Eric Rosenbaum
Nancy Scammon
Tom Shoemaker
Ellen Wade

Mission

The mission of the Department of Senior Services is to optimize quality of life for older adults and those who support them through welcoming, respectful and meaningful opportunities that engage and value older people, and empower them to remain independent and to be important assets in our community.

Vision

To provide sustained leadership that helps Newton be a livable and age friendly community for all who choose to age here.

Statement of Welcome

The Newton Department of Senior Services welcomes the diversity of our senior community and strives to reflect our values of inclusion and mutual respect through supportive services, programs and advocacy.

The Newton Senior Center/Council on Aging is a program of the Department of Senior Services, with funding made possible by the Newton Community Development Block Grant Program (CDBG). The publication of Coming of Age is sponsored by the Executive Office of Elder Affairs and the Senior Citizen Fund of Newton, Inc.